

U.S. DEPARTMENT OF THE INTERIOR
NATIONAL PARK SERVICE
GATEWAY NATIONAL RECREATION AREA

SURF-LIFEGUARD PREEMPLOYMENT TEST

Persons seeking employment or reemployment as surf-lifeguard personnel must pass all parts of following yearly performance test in following order at any one test session:

1. Swim 600 yards continuously (in 25-yard pool or other measured course) in less than 10 minutes,* using swimming stroke performed on front only.
2. Perform following simulated rescue skill (in 25-yard pool or other measured course) in less than 4 minutes: Without equipment of any sort, push off from near end of pool. Sight on passive victim while swimming 50 yards to it (Snijders' dive-training manikin). Upon reaching victim, make contact. Move victim to horizontal position. Using cross-chest carry, tow victim 50 yards back to starting point. Touch pool wall with free hand first; then let go of victim. (Do not let go of victim before then, nor make contact with pool bottom or walls during swim to victim or while towing victim back.) Exit pool. Walk 5 feet to CPR manikin that is lying faceup. (From start of rescue till now, elapsed time must be less than 2:45 minutes; 1:15 minutes will be added for what follows.) Perform assessment: Check for response. Once you have ensured that scene is safe, tap victim's shoulder and ask, "Are you all right?" If victim does not respond, have someone activate EMS system by calling 9-1-1 or local emergency-response number. Perform assessment: Check for breathing in faceup unconscious adult (CPR manikin). Use head-tilt/ chin-lift technique to open airway of unconscious adult (CPR manikin) without evidence of head or neck trauma. Here, assumption is that victim is not breathing. While maintaining victim's airway open, look, listen, and feel for breathing. Give 2 rescue breaths, each over 1 second, with enough volume to produce visible chest rise. Perform assessment: Check for pulse. Here, assumption is that victim has no pulse. Compress lower half of victim's sternum in center (middle) of chest between nipples. Place heel of first hand on sternum in center (middle) of victim's chest; then place heel of second hand on top of first, so that two hands are overlapped and parallel. Depress victim's sternum about 1½ to 2 inches, and then allow victim's chest to return to its normal position. Deliver chest compressions at rate of about 100 per minute. Perform 3 cycles of compressions and ventilations at compression-ventilation ratio of 30 compressions to 2 ventilations.** (Please note: Under no circumstances should you practice chest compressions on live person.)
3. Run 1½ miles (on ¼-mile track or other measured course) in less than 12 minutes.***

* Based on original aerobics fitness program developed by Kenneth H. Cooper, M.D., M.P.H. Satisfies U.S. Lifesaving Association guideline for minimum swimming ability for seasonal open-water lifeguard.

** Based on guidelines for adult basic life support resulting from 2005 International Consensus Conference on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations, hosted by American Heart Association in Dallas, Texas, January 23-30, 2005.

*** Based on original aerobics fitness program developed by Kenneth H. Cooper, M.D., M.P.H.

A PERSON MUST PASS ALL PARTS OF THE TEST IN ORDER IN ONE TEST SESSION

NO ONE IS GUARANTEED EMPLOYMENT OR REEMPLOYMENT SIMPLY BECAUSE HE OR SHE HAS PASSED THE ABOVE SURF-LIFEGUARD PREEMPLOYMENT TEST